In this letter you’ll find helpful resources and learn about:

- How to prepare for your child’s two-year well-child visit.
- How vaccines help protect your child.
- How to be active together.
- Fluoride toothpaste.
- New skills to practice with your child.

Well-Child Visits

Happy 2nd birthday!
It’s time to schedule checkups with your child’s doctor and dentist. Prepare for the visits by making a list of things you want to talk about, such as changes in your child’s eating, sleeping, or behavior and any recent illnesses or injuries he or she has had. Use this letter as a guide when you make your list.

Immunizations

Vaccines are your child’s best protection
If your child is up to date on vaccines, congratulations! Your two-year-old is likely to be around other children and adults, which puts him or her at higher risk for getting sick, especially from diseases that vaccines can prevent. Many diseases spread easily from person to person. Immunize your child to protect him or her, your family, and those who:

- Are unable to get vaccines because they’re too young, too old, or have certain medical conditions.
- Have weak immune systems.

By age two, your child should have had the following vaccines:

- Hepatitis B (HepB): 3 doses
- Diphtheria, tetanus, acellular pertussis (DTaP): 4 doses
- Haemophilus influenzae type b (Hib): 3 or 4 doses
- Pneumococcal conjugate vaccine (PCV13): 4 doses
- Inactivated Polio Vaccine (IPV): 3 doses
- Measles, mumps, rubella (MMR): 1 dose
- Chickenpox (varicella): 1 dose
- Hepatitis A (HepA): 2 doses
- Flu (influenza): yearly

Some children with certain medical conditions may need other vaccines. Ask your doctor or nurse if other vaccines are recommended for your child. Find out if your child is up to date by going to cdc.gov/vaccines/childquiz. Bring your child’s Lifetime Immunization Record to every visit and ask the nurse to update it for you. You can also sign up to get your and your family’s immunization information online. Go to wa.myir.net.

Nutrition and Physical Activity

Encourage your child to be active
Help your toddler use his or her body and muscles. Play outside together. Your child will enjoy swinging, throwing and rolling a ball, and playing simple games of tag or hide-and-go-seek with you and other children.

Oral Health

Keep baby teeth healthy
Baby teeth are important for smiling, eating, speaking clearly, and guiding adult teeth into place. Be sure to brush your child’s teeth twice a day. Use a rice-size amount of fluoride toothpaste and be sure your child spits it out when done brushing. Avoid sweet drinks, juice, and frequent snacking, which may cause tooth decay. Toddlers need a dental checkup at least once a year. If your child is at risk for tooth decay, the dentist may recommend a fluoride supplement.

Growth and Development

Help your child learn new skills
Children learn by trying new things and practicing what they’ve learned. By age two, your child will start to do things on his or her own. Give your child plenty of chances and lots of time to practice. He or she may be more excited about playing with other children and is getting better at taking turns. Over the next year, your child will learn to:

- Jump with both feet off the ground.
- Draw circles and lines.
- Tell you and others about his or her experiences.
- Ask many questions.
- Put clothes on and take them off.

Each child develops at his or her own pace. It’s important to find out if your child is on track for healthy development or if he or she may need some support. If you have any questions about your child’s development, help is available. Talk with your doctor or nurse or call the Family Health Hotline at 1-800-322-2588 to learn more. They can help you check your child’s development and can connect you with the Early Support for Infants and Toddlers program in your area.

Learn the signs. Act early. Visit cdc.gov/ncbddd/actearly/milestones to find out which milestones your child has reached by age two.

Find ways to cope with temper tantrums
Toddlers often kick and scream when they are not able to express their feelings. Tantrums may happen when a child is:

- Frustrated, angry, disappointed, or scared.
- Stressed, needing attention, or showing independence.
- Tired, hungry, or sick.

Try to stay calm when your child has a tantrum. If you get mad, your child may get more upset. If you are in public, pick up your child and take him or her somewhere quiet. Stay with your child while he or she calms down. Let your child know you will stay nearby until he or she feels better. Help your child talk about what he or she is feeling. This may help your child calm down more quickly.

Happy reading!
Don’t rush toilet training
Parents often want children to use the toilet at an early age, but many children are not ready until age three or older. Your child will learn more quickly if you wait until he or she is ready. Look for signs that your child may be ready, such as:
- Wanting to do the things you do.
- Staying dry during naps or for a few hours at a time.
- Telling you when he or she needs a diaper change.

Safety
Find the right car seat for your child’s size
Many parents move their child from a car seat with a harness to a booster seat or adult seat belt too soon. Your child needs the protection of a car seat with a harness until he or she can sit up properly for the entire trip, usually sometime between five and seven years old. Snug harness straps keep your child secure during normal driving and in a crash.

Environmental Health
Keep your house safe
Children are naturally curious, so even though your child is getting older, you must still watch him or her every minute. Make sure your child’s other caregivers also keep their homes safe for your child. Here are some tips to make your home safer:

- Install window stops or guards to keep windows from opening more than four inches. Keep things your child can climb on away from windows.
- Keep medicines in child-resistant containers and locked up and out of reach.
- Keep items with small coin-size batteries away from children. They are harmful if swallowed.
- Install stairway gates. Secure TVs and furniture to the wall using anchors to prevent them from tipping over.
- Keep chemicals, detergents, nicotine and marijuana products (including edibles), and guns and knives stored safely and out of reach.
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Referrals
- CDC Childhood Vaccine Assessment Tool: cdc.gov/vaccines/childquiz
- Online immunization records: wa.myir.net
- Child development resources: 1-800-322-2588 (711 TTY relay) and parenthelp123.org/child-development or cdc.gov/ncbddd/actearly/milestones
- Car seat inspection service: 360-725-9860 and safercar.gov/parents
- Washington Poison Center: 1-800-222-1222 (TTY 711) and wapc.org

Thanks for reading! Share this letter with other caregivers in your child’s life. You’ll hear from us again before your child is 2 ½ years old with information on:
- Complementary medicine.
- How to lock up guns.
- Water and fire safety.

For the Health of All Our Children
Child Profile is a program of the Washington State Department of Health

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This letter is available in other formats. Call the Family Health Hotline at 1-800-322-2588 (TTY relay).